



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 01039, Cheese, roquefort

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	39.38	--	0.703	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	369	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Energy	kJ	1544	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	21.54	--	0.281	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	30.64	--	0.926	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	6.44	--	0.190	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	2.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
<strong>Minerals</strong>													
Calcium, Ca	mg	662	--	34.969	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Iron, Fe	mg	0.56	--	0.197	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	30	--	1.885	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P	mg	392	--	17.766	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	91	--	10.115	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	1809	--	157.400	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	2.08	--	0.122	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.034	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	14.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin	mg	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	0.586	--	0.071	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.734	--	0.078	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	1.731	--	0.183	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.124	--	0.010	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, total	µg	49	--	7.757	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	49	--	7.757	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, DFE	µg	49	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.64	--	0.056	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin A, RAE	µg	294	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Retinol	µg	290	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Vitamin A, IU	IU	1047	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
<b>Lipids</b>													
Fatty acids, total saturated	g	19.263	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.877	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
6:0	g	0.660	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
8:0	g	0.674	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	2.163	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	1.295	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0	g	3.250	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	6.570	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	3.141	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	8.474	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.730	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	7.456	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total polyunsaturated	g	1.320	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.616	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.704	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Cholesterol	mg	90	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
<b>Amino Acids</b>													
Tryptophan	g	0.303	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Threonine	g	0.965	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Isoleucine	g	1.217	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Leucine	g	2.114	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Lysine	g	1.848	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Methionine	g	0.558	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Cystine	g	0.126	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Phenylalanine	g	1.023	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Tyrosine	g	1.012	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Valine	g	1.614	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Arginine	g	0.713	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Histidine	g	0.602	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Alanine	g	0.969	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Aspartic acid	g	1.181	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Glutamic acid	g	3.670	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Glycine	g	0.148	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Proline	g	2.089	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Serine	g	1.772	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Other													